

# The Northumberland Park Partnership Board Resident Funding Programmes: Annex 1: Guidance for those applying to deliver Priority 2

Funded via the Transformation Challenge Award (DCLG) & Well Communities



## **Annex 1: Guidance for those applying to deliver Priority 2**

### **Northumberland Park Ward Well Communities Health and well-being programme**

Well Communities is an exciting programme that increases levels of healthy eating, physical activity and mental well-being, and builds stronger local communities by getting people working together to improve their neighbourhoods and their health and well-being. The project helps to bring communities together to identify their health and wellbeing priorities, and supports local residents to implement their ideas about how to solve the issues they have identified.

The Northumberland Park ward residents identified a number of priorities which are important to them (see Annex 4). We are now looking for projects that fit the criteria that residents and the Well London delivery Team have come up with against those identified priorities.

Those projects that meet the criteria will be shortlisted for a public voting decision making process (i.e. the Community Voting Day). At this public meeting, local residents living within the Northumberland Park ward will have a chance to vote on the projects they would wish to see take place within the ward. Those applying for the funding will have a chance to present their ideas and see if residents support the idea they have presented.

#### ***Resident priorities***

The broad range of priorities identified related to the below key questions and which has been mapped against the Council's strategic priorities to enable the Council to pull down funding that could be determined by residents living within the Northumberland Park ward. They were:

1. How can we bring the community together?
2. How can we engage and support young people?
3. How can we improve communication and let people know what opportunities is available?
4. How can we improve the environment and community safety?
5. How can we create pathways to employment and increase skill sharing, training and volunteering?
6. How can we increase access to affordable healthy diets and healthy physical activity and improve mental wellbeing?

**This particular guidance relates specifically to Priority 6 above: *How to increase access to affordable healthy diets and healthy physical activity to improve mental well-being* (see pages 6 and 7 in the main guidance).**

### ***What are the barriers to overcome?***

- Lack of access to mental health remedies
- Promoting access to healthy foods and drinks
- People being scared to use existing free outdoor gyms, et cetera
- People feeling isolated and lacking access to good enjoyable things to do (e.g. relaxing sessions, meditation)
- Cost of healthy foods is high, and there are not enough healthy foods from other cultures/cuisines that people might like to eat
- Lack of education about what is healthy
- Lack of access to physical activities (e.g. gyms, running groups, places to keep bikes or bike safely!)

### ***Examples of the types of projects that could be shortlisted for funding are:***

- Healthy cooking projects to bring the community together and learn healthy cooking from each other/enjoy eating together
- Support to both accredited mental health interventions, like therapies, but also community based things like mindfulness and meditation (with a strong emphasis on making it easier to access these)
- Projects to support healthy eating of multicultural foods across different cuisines
- Projects which help people to use free outdoor gyms
- Projects which help people to connect to exercise groups
- Projects to help people feel safe to use the local area to do more activities
- Supporting those who want to set up healthy food shops/cafes to sell them locally and cheaply
- Other projects which tackle the barriers identified above

### **Personal Support Packages (PSPs)**

Successful applicants, whether an organisation or an individual, under this Priority 2 will be able to apply for additional support and capability development such as, for example, personal or career development opportunities. Further information and details will be uploaded onto the NPPB web-page via the Selby Trust website ([www.selbytrust.co.uk](http://www.selbytrust.co.uk)) in due course.